Issue #9

12 September 2022

Baulkham Hills High Newsletter



www.baulkhamhillshighschool.com.au



Australian School Band and Orchestra Festival at the Conservatorium of Music

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Website Link: http://www.baulkhamhillshighschool.com.au

From the principal's desk:

Best wishes to Year 11 and accelerated students as they begin their Yearly assessment period for the next two weeks. Teams that have been successful have winter grade sport finals on Wednesday, and Year 11 students and 12 will represent our school in the annual Quad Schools sports events this Friday against James Ruse Agricultural, Girraween and Penrith Selective High Schools.

With exams and assessments comes an increase in student levels of stress and anxiety. The best supports include being organised and prepared, and continuing to strive to do your best. "Five ways parents can help teenagers study for exams" is a resource by Reactout.com, and has some suggestions for parents and carers to further support their student https://parents.au.reachout. com/commonconcerns/everyday-issues/5ways-parents-can-helpteenagers-study-for-exams.

Calendar 2022



Tarma 2

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at <u>www.baulkhamhillshighschool.com.au</u>

	Term 3
Week 9	
Monday 12 September	
Y11 Assessments 12/9 to 23/9 incl.	
Tuesday 13 September	
Wednesday 14 September	
Winter Grade Sport Grand Finals	
Model UN Rotary Dinner 6.25pm-8.30pm	
Thursday 15 September	
Y7 Geography Excursion to Penrith Lakes Friday 16 September	
Friday 16 September	
2022 Quad Schools Sports Gala Day	
Week 10	
Monday 19 September	
Y11 Assessments 12/9 to 23/9 incl.	
Tuesday 20 September	
Y12 Picnic Day @ Bicentennial Park	
Y8 French Crepe Making Incursion	
Wednesday 21 September	
Term 4 Grade Trials and Recreational Sport Selections	
Thursday 22 September	
Friday 23 September	
Y12 Graduation commence at 9am	
	Term 4
Week 1	-
Monday 10 October	
All Students and Staff Commence	
Tuesday 11 October	
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Wednesday 12 October	
HSC Begins	
Thursday 13 October	
Indiady is october	
Friday 14 October	
Y10 History Assignment Due	
Week 2	
Monday 17 October	
Tuesday 18 October	
Y10 Science Practical task – in class	
Y9 History Research Task hand in	
Wednesday 19 October	
Thursday 20 October	
Y10 Science Practical task – inclass 20/10-21/10 incl.	
Friday 21 October	

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Australia's national day of mourning for the passing of Queen Elizabeth II has been announced as a public holiday on Thursday 22 September. There will be some reorganisation required for a number of key events. As soon as these are locked in, the community will be notified.

If your student is leaving Baulkham Hills High School at the end of 2022, the school requires formal notification in writing as soon as you are certain of your plans. This is to enable the school to plan effectively for any timetabling restructuring that may be required as a result of these changes.

Congratulations to our Band who performed in the Australian School Band and Orchestra Festival at the Conservatorium of Music yesterday. The Junior Band achieved gold and the senior band silver. Well done!

Wayne Humphreys Principal

School uniform - a reminder

Correct school uniform is expected to be worn at all times by students. If, for any reason, your student is unable to wear school uniform on a particular day, they are required to bring a note from a parent or carer to be sighted and signed by a Deputy Principal before school. The student will be issued a Uniform Pass for the day.





NSW Titration Competition at UNSW was held on June18th 2022. 319 Teams competed state wide which means 957 students were involved as they competed in groups of 3. In preparation our teams spent every Wednesday afternoon for 2 hours training under the watchful eyes of Dr Ramachandran. I would like to acknowledge her for the great work in preparing these students. It is the first time we have been involved in this competition for many years.

Daniel, Winston & Elliot achieved, a certificate of excellence.

Aakash, Mike & Ved achieved certificate of excellence.

Kiran, Aniket and Germaine participated and performed well They achieved certificate of participation.

Mrs Greenlees





Band News

Junior Band and Senior Band competed in the 2022 Australian School Band and Orchestra Festival (ASBOF) on Sunday at the NSW Conservatorium of Music, Sydney.

All students played to a very high standard and should be very proud of their performances. Senior Band collected Silver and Junior Band collected Gold in their category.

A special congratulations to Fiona Lucas who has recently stepped into the role of conductor of both the junior and senior bands. She did an absolutely stellar job in leading the bands through their performances.

Well done to our wonderful band students, their dedication and performances shone! And finally, thank you to all the parents who managed to negotiate the last minute changed city conditions to support their children at ASBOF.

Mrs Martin













SRC Spirit Week

The ebullient festivities and pleasant memories we experienced throughout Week 6 at Baulko were a result of diligence from the Student Council. Every day was great (as they always are at Baulko, if a tad more so), but some highlights include:

- the student versus teacher trivia (which was NOT rigged);
- the joke competition, where our local beatboxer, King Codlaps, dropped a beat or two in a snag costume;
- the plank competition (which was pretty well MC-ed, if I say so myself);
- of course, the Streetball: Senior Showdown games;
- and last, but not least, the highlight of SRC Spirit Week, Spring Fling!

On behalf of the Student Council, I would like to thank you Baulko, our amazing school body and staff for being involved wherever and whenever there was an opportunity. All the events were exciting as they were because of your involvement and enthusiasm. Special thanks to the executives for giving the green light on all our plans, the staff who came to Spring Fling to supervise, Mr Lorbach for his vital assistance with audio at events, Mr Mudaliar and Ms Swancott for guiding us all the way through.

SRC Vice President, Aadie Karim (Year 10)









R U OK? Day @ Baulko

Thursday September 8th 2022

Last Thursday, 8th September, the students and staff of Baulko were actively involved in supporting R U OK? Day for 2022. R U OK? Day is an annual event designed to promote positive and open conversations around mental health and wellbeing, as well as encouraging people to check in on those around them.

Given recent challenges, it is more important than ever to promote open dialogue around mental health, and encourage people of all ages to speak up if they aren't feeling okay. It is only through practising regular discussion about our wellbeing that we can normalise seeking support when it is needed, and that we can build a transparent, supportive and accepting culture for everyone.

As part of R U OK? Day at Baulko we ran numerous activities to promote awareness around promoting positive mental health, and we also provided the students with resources to support them moving forward. All students in the school were issued with an R U OK? Day wristband and conversation card, which lists important support services students can engage with anytime they need. All students were also shown an R U OK? Day, made by Baulko students, which explained the importance of having positive conversations about wellbeing with the people around us, and also reminded students about the support services available at school, including our three school psychologists, Head Teacher Wellbeing and Year Advisers.

We also held a special school assembly with a guest speaker, Matthew Caruana, who shared his personal journey with mental health and how he overcame it. The students asked a lot of questions of Matthew and seemed genuinely engaged and inspired by his story. Matthew also commented after his presentation just how thoughtful and genuinely invested in mental health the students at Baulko seemed, which was lovely to hear.

At recess and lunch, the R U OK? Day team handed out chocolates, lollies, bubble wrap and positive peg messages to students. We had mindful colouring in available and chalk for students to express themselves positively on the quad. We also had a friendship bracelet station, yellow hairspray, a sensory station and other fun activities being run by students. Walking around at lunchtime, I can absolutely say that the atmosphere and general mood coming from the students was electric and overwhelmingly positive – so many students got involved with drawing in the quad, the quad was very quickly filled with a rainbow of positive messages. It was beautiful to look at, and it was so very heart-warming to witness the students seeming so relaxed and taking pause to genuinely enjoy their day. I was approached by countless students who commented on how much they appreciated the activities of the day and how supported they felt. It was truly a wonderful day!

I would like to personally thank the amazing students who volunteered to be part of the R U OK? Day Team, their efforts and contributions were crucial to the successful running of the day, and I could not be prouder of the way they conducted themselves in supporting this very important cause. Not only did they give up a lot of their time leading up to the day in order to prepare the resources for students, but they also ensured the activities for staff and students ran smoothly on the day. I have had many staff and students approach me with praise for the efforts of this team, so I thank them and congratulate them on a fantastic day!



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Steps were also taken to support staff wellbeing on the day, as it is equally important to encourage open and positive dialogue about mental health amongst us adults as well. Baulko staff were gifted some much needed comfort food on the day, and also had free access to a coffee van for their caffeine fix. The amazing R U OK? Day team did a terrific job delivering countless coffees to staff. I know the students of Baulko appreciate the relentless efforts of the Baulko staff, so it was equally important to support their wellbeing on the day.

Finally, it is important to emphasise that, whilst R U OK? Day is an extremely important event, it is even more important that the habits and conversations that this day promotes are practised *regularly and beyond this one day*. At Baulko we sincerely value the mental health and wellbeing of all students, staff, parents and community members, and we want to encourage everyone to speak honestly, openly and bravely about their own mental health as often as needed. Please be proactive in normalising discussing mental health and wellbeing in your home, with your families and friends. A simple conversation really could change a life.

Thank you Baulko for a fantastic R U OK? Day!

Until next year – Remember to take care of yourselves and each other.

Warm Regards,

Ms Terryanne Fletcher Head Teacher Wellbeing Terryanne.fletcher1@det.nsw.edu.au









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Permission and Payment for Excursions, Sporting Events/Activities

Baulko is currently using "School Bytes" as a form for permissions and payments for various activities.

You will receive the required permissions and or payment via email. If it is not finalised by the deadline, your child will not be able to attend.

Please check these emails are not going into your spam as they are named school bytes

Please email the school if your email address has changed.



Australian Schools Teams Championships - Chess



Winston Zhao Chen (Year 12) with the trophy for third place in the Australian Schools Teams Championship, achieved by the BHHS chess team in late 2021, along with team members Sayum Rupasinghe (Year 8) and Joshua Seo (Year 10).

Mr Salter



Sport Captains at Australian Olympic Changemakers





Food Technology

Year 9- Food Technology

During the past two terms we have been lucky enough to witness some pretty amazing Food Technology - Freak Shake designs. Students out did themselves by creating some very creative Freak shake recipes. They were asked to create a baked element as well as decorate their shake using a theme of their choice. The ideas that came in were quite outstanding and proved that our students are very creative thinkers. With direction from their teachers they were able to produce a design using a range of specified ingredients that satisfied the criteria in the Design Brief. Working within a double period and planning for limited time in a lesson proved a challenge but we were so pleased with the results. Well done Year 9 we have enjoyed teaching you the food trends unit and look forward to seeing whatever you produce next.

Mr Corfield and Mrs Parnell Stage 5 Food Technology Teachers





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Year 10- Food Technology

During Food For Special Needs our students were given a life cycle stage and lifestyle disorder and were required to design a suitable meal for a Funtiki tour. Each student looked at the necessary nutrients needed by a specific group in the community. It was evident our students were very familiar with the way food can increase health within individuals suffering disease. The way students garnished their dishes was impressive from the photos that were taken. Food Technology teachers are so proud of the students who always work so hard in our classes. Our class is a place students enjoy coming to and learning new skills in the kitchen while being with their peers. It's always a joy to watch them grow over the 2 years we teach them Food Technology. We wish them luck in the next unit which we will be learning about Food Service and Catering.

Mr Corfield and Mrs Parnell Stage 5 Food Technology Teachers

























Masters Academy Interview Skills Workshop for Year 11 and 12 Students

This workshop is designed to help you with interviews as part of gaining entry into university courses, such as medicine and law, and winning scholarships. Sessions will cover:

- Interview preparation and skills
- Presentation techniques
- Resume/personal profile writing
- Group Q&A

A set of exclusive video interviews with past students about the HSC and university life will also be shared with participants before the workshop.

DATE: Saturday 10 Sep 2022 10:00 AM - 1:00 PM

COST: \$20 per person (includes light refreshments)

VENUE: Baulkham Hills High School (TLC / Library)

BOOKING: https://www.trybooking.com/CCHSZ

Organised by the P&C.



Procedure for Late Arrivals

If a student arrives at school late, they must provide a note to the office signed by their parent/guardian when signing in giving reasons for their partial absence. The student needs to sign in at the Office when they arrive at school including senior students with study leave in the morning. The student will be issued a late arrival pass which they can present to their teacher when they arrive in class.

If a note is not provided from home, the student will be issued with a late pass slip which is signed by a parent/guardian. The signed slip must be handed into the office the next day or **within 7 days**.

Senior students with Flexible Study Leave must be in by Recess and sign in at the Front Office



END OF TERM 3 & START OF TERM 4 - WEDNESDAY SPORT TIMELINE

TERM 3

WEEK 8 – Friday 9th September – grand finals planning & games/venues announced

WEEK 9 – Monday 12th September – TERM 4 GRADE SPORT PRE TRIAL REGISTRATION opens on schoolbytes (list of T4 grade sports below)

WEEK 9 - Wednesday 14th September - TERM 2 & 3 WINTER GRADE SPORT GRAND FINALS

WEEK 10 – Monday 19th September 11:30am – TERM 4 GRADE SPORT PRE TRIAL REGISTRATION – closes on schoolbytes

WEEK 10 – Wednesday 21st September – TERM 4 GRADE SPORT TRIALS (sports & trial venues below) – you must pre register to trial for a grade sport team. Non trailers are supervised in the allocated areas

WEEK 10 – Wednesday 21st September – TERM 4 RECREATIONAL SPORT SELECTIONS open at 7:30pm on schoolbytes

WEEK 10 – Thursday 22nd September – TERM 4 RECREATIONAL SPORT SELECTIONS close at 11:30am on schoolbytes

WEEK 10 - Thursday 22nd September - TERM 4 sport rolls finalised

TERM 4

WEEK 1 – Wednesday 12th October – GRADE SPORT Round #1 v Greystanes & term 4 RECREATIONAL SPORT week 1

WEEK 1 - Friday 14th October - ALL GRADE & RECREATIONAL SPORT payments due

Procedure for Early Leavers

If a student needs to leave school early, they must provide a note from their parent/guardian giving reasons for their partial absence. The student needs to get the note signed by a Deputy Principal before school and hand into the office by 8.30am where they will be issued an early leave pass. The student can then present the pass to their teacher and leave school at the time advised on their early leave pass.

Senior Students with Early Study Leave permission should sign out at the office before leaving School.

Early Flexible Study Leave for Senior students – Sign out is at lunchtime at the Front Office



GRADE SPORT TERM 4 2022

23rd SEPTEMBER - TRIALS

BOYS TEAMS	VENUE	BUS	TEACHER
OPEN CRICKET	SCHOOL NETS		Mr Dhall
OPEN BASKETBALL A&B	BAULKO GYM		Mr Mudaliar
15'S BASKETBALL A&B	BAULKO GYM		Ms Swancott
OPEN TOUCH A&B	BAULKO TOP OVAL		Mr Dumas
15's TOUCH A&B	BAULKO TOP OVAL		Mr Huang
GIRLS TEAMS	VENUE		TEACHER
OPEN VOLLEYBALL A&B	BAULKO GYM		Ms Mogoko
15's VOLLEYBALL A&B	BAULKO GYM		Mr Poole
OPEN NETBALL A&B	BAULKO COURTS		Ms Chapman
15's NETBALL A&B	BAULKO COURTS		Ms Marten
OPEN OZ-TAG A & B	BAULKO LOWER OVAL		Ms Renwick
15's OZ-TAG A & B	BAULKO LOWER OVAL		Ms Thurlow



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RECREATIONAL SPORT Term 4 – 2022 (10 weeks) for Years 8-10

Your RECREATIONAL sport selection can only be made online at: <u>https://online.schoolbytes.education/sport/</u>

This site will open for RECREATIONAL SPORT SELECTIONS from Wednesday 21st September at 7:30pm and close Thursday 22nd September at 11:30am.

Only correct online registration will place in your chosen sport.

**NO PRICES ARE LISTED HERE INTENTIONALLY SO AS TO AVOID PRE PAYMENT BEFORE CORRECTLY REGISTERED

Venue	Sport
The Edge Castle Hill Rock Climbing	ROCK CLIMBING
Peak Pursuits Castle Hill	CREATIVE CLIMBING CENTRE
Fred Caterson Tennis Castle Hill	TENNIS
Hills Stadium Fred Caterson, Caste Hill	<i>BASKETBALL (this sport is 8 weeks charge due to x2 weeks stadium not being available)</i>
AUSTRALIAN TABLE TENNIS ACADEMY Annangrove Road Annangrove	TABLE TENNIS (Price includes x1 bat (paddle)
Baulkham Hills Indoor Sports Hills Street Baulkham Hills	SQUASH
ANYTIME FITNESS Old Northern Rd. Baulkham Hills	FITNESS GYM
RUN FIT School based	RUNNING
THEATRE SPORTS School based	THEATRE SPORTS
School – TLC	YOGA
School – Back Library	CHESS CLUB
Baulkham Hills Area	WALKING
DANCE STUDIO	DANCE STUDIO BRAND NEW IN TERM 4 2022



Careers News Term 3 2022

Year 12 Uni Applications

Year 12 have been sent videos and PP slides of the UAC process. Uni/alumni speakers visit in Term 2.

Year 10 Google Classroom

Year 10 have access to a specialised Google Classroom and have been emailed the code to access. All Year 10 students have access to the Morrisby Online Careers Profiling which provides university course and career suggestions ahead of subject selection. Year 10 students have access to a hard copy of the Steps to Uni for Year 10 Students publication from UAC from May.

Helping your child with their career development

To help your child with their career development process, please see this link: <u>https://myfuture.edu.au/assist-your-child</u>. There is also a National Careers Week on demand webinar for Parents & Guardians – <u>Help guide your child to a career path that is right for them</u>.

Careers Subscriptions

Years 7/8/9

Years 7/8/9 students have been emailed a code to complete the junior version of the Morrisby Profile (called Morrisby Careers).

Year 10 into 11

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Study Work Grow (guides, updates, portfolio) (parents can also sign up via code in Google Classroom)
- The Careers Department (virtual work experience, audios, videos)

Year 12

Year 12 have access to all of the above subscriptions plus the following:

- From High School to Hireable (online interview skills course)
- Google Classroom updates are posted for Year 12 including:
 - Book a Careers appointment spreadsheet
 - Careers Checklists & deadlines
 - Uni speakers at BHHS





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Support From Reachout

The challenges of supporting students as parents and carers is always present. The issues around COVID-19 have made this an even more difficult and uncertain path to tread. I will be giving students short ideas via assemblies over the next few weeks in which they can proactively support themselves.

The website Reachout.com also provides advice for parent and carers over arrange of areas. It is worth having a look at https://parents.au.reachout.com/ as a starting point.

For students, have a look at <u>https://au.reachout.com/articles/how-to-handle-fear-about-the-future-a-guide-for-year-12-students</u> (Dr Amy Burton, Clinical Psychologist)



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COVID-smart measures to continue throughout Term 3. From Week 5, Monday 15 August, the following COVID-smart measures will remain in place in our schools:

- Students and staff must stay at home if unwell and not return to school until symptom-free.
- If a student or staff member is symptomatic, they should take a rapid antigen test (RAT) and isolate until they receive a negative test result. Further RAT kits will be distributed by the school in the coming days.
- Masks continue to be strongly encouraged for all staff, students and school visitors, particularly when indoors and when physical distancing is not possible.
- Household or close contacts who are symptom-free can attend mainstream schools if they receive a negative RAT result every day for 5 school days and wear a mask (staff and high school students) while on site.
- All staff and eligible students and their families are recommended to keep up-to-date with COVID-19 vaccinations, including getting a booster shot.
- Visitors, regardless of their vaccination status, are able to come to school sites but may be required to wear a mask if in close proximity to students at greater risk of severe illness if they were to get COVID-19.
- Natural ventilation and personal hygiene is, as always, encouraged.
- Events, gatherings and overnight excursions are able to go ahead. Schools consider the risks associated and make COVID-smart decisions based on the current situation with COVID-19 and other illnesses in their communities.

Transport for NSW

Face Masks are Mandatory

This is a reminder to all students that face masks are mandatory whilst waiting for and travelling on public transport, including all school buses. It is also mandatory for all students to tap on and off using a valid Opal card or effpos card, every time they travel.

It is important for students that failing to wear a mask or tap on/off risk a fine by transport inspectors.

I have added a link below to Transport for NSW showing travel offences and fines for your convenience and information.

https://transportnsw.info/travel-info/using-public-transport/travel-offences-fines-penalties

NSW Heath updates

Please follow the link below to fact sheets from NSW Health as regards the linked topics.
Japanese encephalitis -

- https://www.health.nsw.gov.au/Infectious/factsheets/Pages/japanese_encephalitis.aspx
- Mosquitoes <u>https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mosquito.aspx</u>

• Japanese encephalitis virus and mosquito bite avoidance - <u>https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/japanese-encephalitis-</u> <u>guestions-answered.pdf</u>



TAFE Use

Students are reminded that the use of the adjacent TAFE facility to walk to and from Old Northern Rd is a privilege and not a right. Students are reminded to walk safely, quietly and quickly thorough the facility. Parents and carers are **not** permitted to enter, drive into, or park in the TAFE to pick up or drop off students.

Bus Travel

The **bus stop on Old Northern Rd in front of Baulkham Hills TAFE** is used each afternoon by approximately 100 students. Students have the privilege and responsibility of accessing this bus stop through the TAFE. I would remind students to be very careful and considerate when using and accessing this bus stop, waiting for a bus, and moving to the kerb to get on a bus. Buses sometimes approach the stop very quickly, with the front of the bus coming over the edge of the kerb. Please always demonstrate courtesy and safety, and remember that there is always another bus. Further to this, may I please remind all students that the **wearing of masks on public transport remains compulsory** in line with NSW Department of Health Public Health Order.

COVID-19 - A reminder that **regularly updated COVID guidelines** are available at <u>https://education.nsw.gov.au/covid-19/advice-for-families</u>

Student pickup after school

A reminder about parking and picking up around our school in the afternoons, especially in the school bus bay, Carver Crescent, Christopher Street, Coronation Road, and Baulkham Hills TAFE areas.

Please ensure you follow all traffic rules (especially traffic lights and not parking across driveways) when you are in these areas. You could even have your student walk a little but further away from the school gate – to assist their physical health, and alleviate the heavy traffic at the end of the school day.

The Hills Shire Council will have compliance officers at various times in these locations to ensure all drivers are following required traffic rules.

Absence Explanations

Parents are required to provide an explanation of absence to the school on the day of absence or <u>within seven (7) days</u> from the first day of any period of absence.

If a student is absent for three (3) days or more (Not Covid) a Medical Certificate is required.

